

Harper Center Bulletin

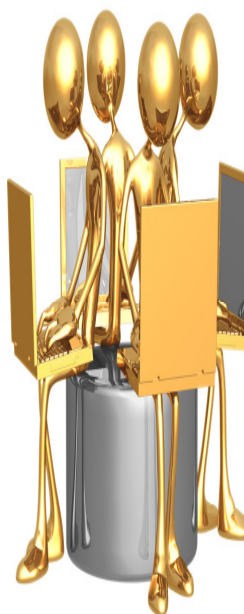
Williamstown Council
on Aging

Harper Center Bulletin # 167
March 1, 2009

March 2009 Newsletter

Happy St. Pat's Day everybody!

Well, it only took 9 years for us to do it but our newsletter has finally gone international! Now you can read it in any nation on earth, in English, and figure out what's happening here at the Harper Center! Just think, while you're having your morning coffee at an internet java bar in Hong Kong you can snap on your computer and catch up with the rest of us! No, I'm not kidding, all you have to do is log onto the town's website at www.williamstown.net and click on the council on aging and behold: a link to our newsletter! Of course, now I'll have to be careful about what I'm saying when I'm writing the thing...yeah, you know what I mean! We'll also be expanding our content, adjusting our format, looking for guest writers and other items of interest. For example, we've thought about having a poetry corner, maybe even a workshop and then putting our work out there, but who knows! Suggestions are welcome. You know where to find us!



Blood Pressure clinics return!

Recently, Rima Sala, new administrator of Premier Health Care from Pittsfield stopped here at Harper for a visit and offered to provide staffing for our monthly blood pressure clinics. We had been the beneficiaries of a clinic offered here by the VNA and Hospice of Northern Berkshire for a long time, years in fact, but as all things eventually pass, our last clinic with VNA was in December 2008 and their departure left a hole in our programming. Until now, that is as Premier will assume the role blood pressure clinic provider. Their first date will be Monday, April 13, now a morning affair, from 9:30-10:30 in the back room, right before Karyn's exercise class. We'll have a longer schedule in the next newsletter! And Thank You Premier!

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The Williamstown Council on Aging operates from our world headquarters in The Harper Center at 118 Church Street in Williamstown. Our telephone number is 458-8250, you can fax to us at 458-5156 or email the director - bogrady@williamstown.net

We're here to serve, we've been providing services, information, referral and advocacy to Williamstown elders since 1966!



Spring fling with the Dump Ladies

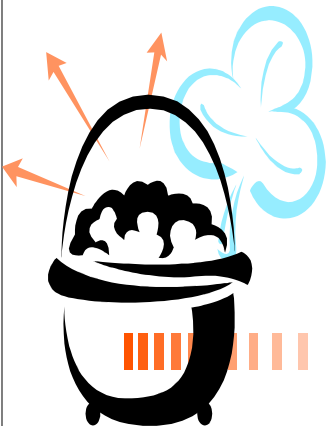
The story is that several women would meet randomly at a local land-fill to do what we all do at the local dump. As time went on, they would start talking and eventually discovered that each of them was a musician, each playing a different instrument with a different talent. The obvious then happened and they formed a band, rehearsed some tunes and started to play here and there about the county. In the intervening years they've developed quite a song list and quite a following as well. You wouldn't believe the number of folks who asked when they'd come after we had to cancel following that ice storm in December! Anyway, buckle up buttercup, here they come! The Dump Ladies will be here at the Harper Center at 1:00 on March 24 to welcome the arrival of spring! We'll precede their arrival with a summer style cookout at noon. Signups are most welcome!

Wonder where they got the name "Dump Ladies" from...

Income taxes

It's only March, relax, you're not out of time yet! But, the spaces are filling up and there are only a finite number of them available! Our dates and times for this **FREE** service are Saturday mornings from 9-noon and Tuesday evenings from 6-9. Yup, I said free, anyone of any age and of moderate income is welcome. Appointments are needed, call 458-8250 and we'll set you up. You really have to bring a copy of last years tax paperwork with you and any other pertinent documentation to file for 2008, we can't do the job without the paperwork right? And, yes, our certified AARP tax aides are trained to watch for any special benefits out there and they'll help you get your state and federal taxes filed on time with all the bases covered!

"To catch the reader's attention, place an interesting sentence or quote from the story here."



St.Patrick's pot -o -gold

We didn't do it last year, I was away and Kim was new, not familiar with the tradition and so on. Whatever! Anyway, by popular demand, and yeah, I mean popular, the annual Pot O Gold bingo session will return on St. Pats—at 2:00 Tuesday 17 March. Yes, I said 2:00, a non traditional time for a non traditional event! Confused yet? Preceding the game, the Red Hats will assemble at the Cozy Corner for lunch at 12:00, and you have to talk with Pat Picard about the arrangements for this and then it's the game at 2:00, with all the usual special prize offerings. Stop by if you're interested!



Beginning the annual need assessment

Immediately following the first cookout of the season, Kim hosted an old fashioned bull session designed to solicit input from some of our daily participants regarding our programs, what we do, what we should do and what we should never do again. It was a pretty good session without much griping or making what's been termed as "Ugly Faces". Anyway, here are the high points; First off, you were mostly satisfied with the programs we offered in 2008, a good thing, and there were few complaints. You asked for more music, movies in the afternoon, catered meals and different games. We seem to be headed to an era of outside gaming activity, and this is good, suggestions included croquet and shuffle board as well as building a court and holding bocce games out back. You were also interested in an increase in talks on local history, genealogy and local nature. Trips to local cultural sites and other places out of town were highly rated. We'll work on it. By the way, this process will continue, we have good ideas and we'll be looking for more. Suggestions are welcome!

Thanks! Brian and Kim.

Boston's Julie Andrews

Thru the years, we've worked with Berkshire Housing Social Workers to bring a series of entertaining programs to the Harper Center thru the TAP grant program. Last December, Boston based soprano Ruth Harcovitz came and presented a great medley of holiday carols which were greatly enjoyed by all. Guess what! She'll be back at Harper on Friday March 20 at 3:00. Prior to her arrival, we'll be hosting an ice cream social at 2 to officially welcome spring - the 20th is actually the first day and we might as well enter in style!!!

Kim's Korner

I just want to remind you that we've started walking indoors here at the Harper Center every morning at 8:30. It's a 30 minute session with a walking video and a group of us have found it to be surprisingly enjoyable. Still, can't wait to get outside! Everyone's welcome, just stop by!

We're trying to incorporate some of your suggestions already! Our first movie and meal will be on the 3rd at noon for lunch and the movie. "Mrs. Doubtfire" follows right after clean up. The Dump Ladies will be here, by popular demand, on the 24th and we have other musical groups on the horizon. While I'm at it, I'm looking for suggestions for short day trips, the Rockwell Museum and Grandma Moses exhibit in Bennington have been suggested, more are welcome, let me know!

Happy Spring to all!!!

